

## FAMILY SUPPORT GROUP

### PURPOSE

The Family Support Group is offered to adults who have loved ones that have been or are involved in the criminal justice system. The Family Support group is a place for families and friends to come for support, advice, and a listening ear. Group members discuss topics related to the criminal justice system, incarceration, and post-incarceration transitions. The group is facilitated by OAR's staff.

### WHEN

The 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 7:00 to 8:30 p.m.

### WHY

To provide a safe place for family and friends to share common concerns, explore resolutions, and access resources

### COST

All groups are free of charge

### WHERE

OAR of Fairfax County, Inc.  
10640 Page Avenue, Suite 250  
Fairfax, VA 22030

For inquiries and further information:

Tel: 703-246-3033  
E-mail: [info@oarfairfax.org](mailto:info@oarfairfax.org)  
Web Site: [www.oarfairfax.org](http://www.oarfairfax.org)

## OAR of Fairfax County, Inc.

### Mission Statement

*"To rebuild lives and break the cycle of crime with Opportunities, Alternatives, and Resources for offenders and their families to create a safer community."*

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United Way #8285



CFC #60929

Combined Virginia Campaign #3113

# Family Support Group

For families and friends with loved ones impacted by the criminal justice system



Opportunities, Alternatives, & Resources  
"Rebuilding Lives and Breaking the Cycle of Crime"

### OAR of Fairfax County, Inc.

10640 Page Ave., Suite 250  
Fairfax, VA 22030-4000

Office Hours: 9:00 a.m. to 5:00 p.m.  
Monday-Friday, except holidays

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# Mission

*The mission of OAR of Fairfax County, Inc. is to rebuild lives and break the cycle of crime with Opportunities, Alternatives & Resources for offenders and their families to create a safer community.*

## **FAMILY SUPPORT GROUP**

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The Family Support Group offers a safe environment for the family and friends of those incarcerated to meet with one another and a trained facilitator to share their experiences and the challenges related to incarceration and the criminal justice system.

### **COMMON TOPICS OF DISCUSSION:**

Navigating the court system

- What can I expect in the court process?
- Where can I access information related to court proceedings, lawyers, etc.?

The nature of incarceration

- What can I expect when I visit my loved one?
- What is life in prison/jail like?

Planning for release

- How do I prepare for my loved one to come home?
- How can I help them with housing and employment?

OAR will frequently invite speakers working in the Criminal Justice System, Probation Services, and other Legal and Social Service Agencies to provide their expertise and address member's questions and concerns.

## **OTHER FAMILY SUPPORT SERVICES**

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We at OAR believe that arrest and/or incarceration affect not only the individual involved with the criminal justice system, but also the families and loved ones of that person. Families and loved ones often have multiple struggles of their own when dealing with the criminal justice system. The Family Support Group is meant to be a source of support during this time.

Those with loved ones incarcerated have unique emotional needs. Time is regularly devoted to discussing self-care and stress management.

Family members may also be eligible for employment services via OAR's Work Empowerment Program. Employment services include resume preparation, interview skills workshops, job readiness training, employer referrals, and other work-related assistance.

Basic case management services are also available to the family members of individuals who are incarcerated. These services would include coordinating referrals for direct assistance with needs such as rent, utilities, food, clothing and other emergencies.

## **OAR PROGRAMS AND SERVICES FOR THOSE INCARCERATED**

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Family members often ask about services available to their loved ones while incarcerated. OAR offers numerous classes and programs for individuals at the Fairfax County Adult Detention Center. All services are free of charge and included programs such as:

- Anger Management
- Basic Computer Skills and Keyboarding
- Employability and Workforce Skills
- Fatherhood and Parenting
- Financial Planning
- Impact of Crime
- Life Skills
- Mentoring
- Orientation
- Release Planning

OAR programs and services are available for men and women. Some programs are available in Spanish. Incarcerated individuals can use an Inmate Request Form to request participation in the above programs.